Name: _____ Period: _____

Dietary Guideline #1 Adequate Nutrients Within Calorie Needs

Directions: Fill out the outline while watching the PowerPoint presentation on Adequate Nutrients Within Calorie Needs.

- Many Americans eat _____ calories than is recommended for their body's calorie needs.
- Americans also eat too much _____ fat, _____ fats, _____, added _____, and _____.
- A nutrient dense food is high in _____ and relatively low in _____.
- An empty calorie food is _____ in nutrients and relatively _____ in calories.

Recommendation

- It is recommended that Americans eat more _____-_____ foods that have fewer _____ and more _____.
- Eating a nutrient rich diet will promote _____ _____ and _____ of children, good _____ for people of all ages, and a _____ of risk for a number of chronic _____.
- Nutrients that are a major concern for children and adolescents include _____, _____, _____, magnesium and Vitamin ____.

Nutrient Dense – Empty Calorie Foods Comparison

Directions: Using the food charts with nutritive values, choose 5 foods from the nutrient dense side and 5 foods from the empty calorie side and shade in the bar charts for each nutrient listed below the bar. Answer the questions at the end.

Nutrient Dense Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

Empty Calorie Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____ **(OVER)**

Nutrient Dense Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

Empty Calorie Foods

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

100										
90										
80										
70										
60										
50										
40										
30										
20										
10										
	Fat	Chol.	Sod-ium	Pota-ssium	Fiber	Prot-ein	Vit. A	Vit. C	Iron	Cal-cium

Food: _____

Calories: _____

1-Which type of food (nutrient dense/empty calorie) has more amount of the bars shaded?

_____

2-What does that say about the nutrient content?

_____

3-Which type of foods have more fat and cholesterol? _____

4-Explain the dietary guideline, 'Adequate Nutrients within Calorie Needs'._____

_____

_____

_____

_____